

ABSTRACT OF THE DISCLOSURE

A chain tensioner is provided, in which the design conditions of a register ring are optimized in compliance with the required functions so as to improve the durability, the operational stability and the like of the chain tensioner. A register ring is formed of a steel material having a tensile strength of 1000 to 3500 N/mm². At the same time, an overlapping allowance of the register ring with respect to engagement grooves of a plunger is set within the range of 30 to 50% of a wire diameter of the register ring. Furthermore, a bending stress generated in the register ring when the register ring is made to slide between the engagement grooves to increase its diameter is set within the range of 500 to 1700 N/mm².